

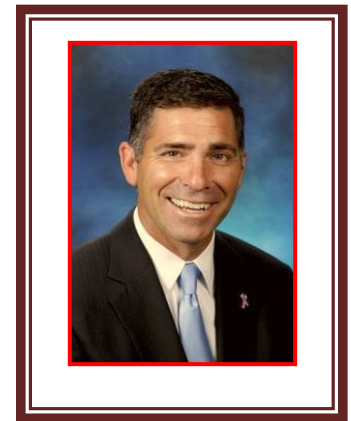


Ulster County Office for the Aging

January 2016 Newsletter

Greetings from County Executive Michael P. Hein

Happy New
Year!



Happy New Year to our amazing seniors throughout Ulster County! This time of year is a time we reflect on the accomplishments of the previous year. I want to recognize Kelly McMullen and the entire Office for the Aging staff for their efforts this year serving our seniors. I also want to thank all of our seniors for their wisdom and participation in numerous programs. Your contributions to the community help make Ulster County the finest place anywhere to live, work and raise a family.

As we ring in 2016, it is a time we also look forward to a new year. If you are interested in participating in the Office for the Aging's Volunteer Program (formerly known as RSVP), which is a rewarding way to help non-profits, neighbors and the community, please call 845-802-7655. Also, please visit our website at <http://ulstercountyny.gov/aging/> to find out what upcoming events are being held by the Ulster County Office for the Aging.

Thank you for making 2015 a great year and I look forward to working with you in 2016!

Michael P. Hein
County Executive

Ulster County Office for the Aging



Legal Lunch and Learn

Wednesday, January 27th at Noon

BRC, 1 Development Ct., Kingston, Room 114

IS YOUR LEGAL HOUSE IN ORDER?

Presented by Attorney Kathy Dittus

Topics that will be covered include:
*wills, health care proxies, durable powers of attorney,
trusts, and basic asset protection procedures and
techniques.*

Free to Ulster County Senior Citizens
Includes a free lunch with RSVP

Call OFA to RSVP 845-340-3456

space is limited



Ulster County Executive Michael P. Hein



The Home Energy Assistance Program – or HEAP – is a federally funded program offering assistance with home heating costs and energy conservation.

HEAP is now accepting applications and will be open until March 15, 2016.

Eligibility: Applicants must pay for heat directly or pay for heat in their rent payment; live in a HEAP-eligible residence; be US Citizen or Qualified Alien. Tenants of government subsidized housing where heat is included in the rent or residents of congregate care facilities, dormitories, group homes or institutions are not eligible.

Income Limits: Recipients of public assistance, food stamps or SSI are income-eligible for HEAP. All other applicants must meet the gross monthly income test based on household size. These limits are set each heating season. Here at the Ulster County Office for the Aging, there is a HEAP representative to provide assistance for seniors needing help in applying for HEAP this season.

Applying: HEAP provides grants on a first come, first serve basis until the funds provided for each heating season run out. If you received HEAP in the past year, you will automatically receive a HEAP application for the present year. Call the Ulster County Office for the Aging at 845-340-3456 to make an appointment if you need help with your HEAP application.

<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$2,244
2	\$2,935
3	\$3,625
4	\$4,316
5	\$5,006
6	\$5,697
7	\$5,826
8	\$5,956
9	\$6,085
10	\$6,215

**Ulster County Office for
the Aging
Is here to help
HEAT you up
This Fall and Winter**

WE ARE STARTING SOMETHING NEW IN 2016!

Mall Walking with the OFA

**Join a staff member from Ulster County Office for the
Aging each week for a walk and talk!**



Hudson Valley Mall

1300 Ulster Ave., Kingston, NY 12401



Every Tuesday at 10 a.m. sharp!

*We will meet in the FOOD COURT
at 9:45 with a place for your coats.*

Starting January 5, 2016

**Consider mall walking with the OFA to keep up, or jump-start your exercise
routine as well as share your thoughts and ideas with us.**

Here are some of the benefits of mall-walking:

- ❖ Malls are climate-controlled, safe and have lots of parking!
- ❖ There are water fountains, bathrooms, and benches available.
- ❖ It's free (If you can avoid shopping along the way!)



Ulster County Executive Michael P. Hein



Experience Works Job Training Program

Wednesday, January 13, 2016

Ulster Works OneStop Center

651 Development Ct,
Kingston NY 12401

12 pm

ARE YOU...

- **55 OR OLDER**
- **OUT OF WORK AND TRYING TO GET BACK IN THE WORK FORCE**

OR

- **A NON-PROFIT ORGANIZATION IN NEED OF SOME EXTRA CASH?**

You could receive help through Senior Community Service Employment Program (SCSEP), a federally funded work training program for persons 55 of age and older.

Discussion will include how it works, how it affects you and how we can help get you back in the workforce. Applicants **MUST** bring a current resume to attend! Contact Glenn Shaffer for more information at 845-338-4696 ext. 3204

PUT LIFE BACK IN YOUR LIFE

**Taking
Care
of
Diabetes**



Diabetes Self-Management Program **FREE six-week workshop series**

Thursdays January 21, 2016 thru February 25, 2016

At Milton Harvest, Senior Housing, 48 Josie's Path, Milton, NY

From 1-3:30pm

Sponsored by the Ulster County Office for Aging

- Overview of diabetes
- Making an action plan
- Monitoring Diabetes
- Nutrition/Healthy Eating
- Feedback/Problem solving
- Preventing low blood sugars/complications
- Fitness/Exercise
- Stress management, relaxation techniques, difficult emotions, positive thinking
- Working with the health care system

To register: Call UCOFA at 845-340-3456

For more information: Call Marge Gagnon RN, MS, CNS @ 845-706-6459

Or e-mail rwcscrc@aol.com

Michael P. Hein, Ulster County Executive





AARP TaxAide needs volunteers to serve as income tax counselors/preparers during the upcoming 2015 tax season.

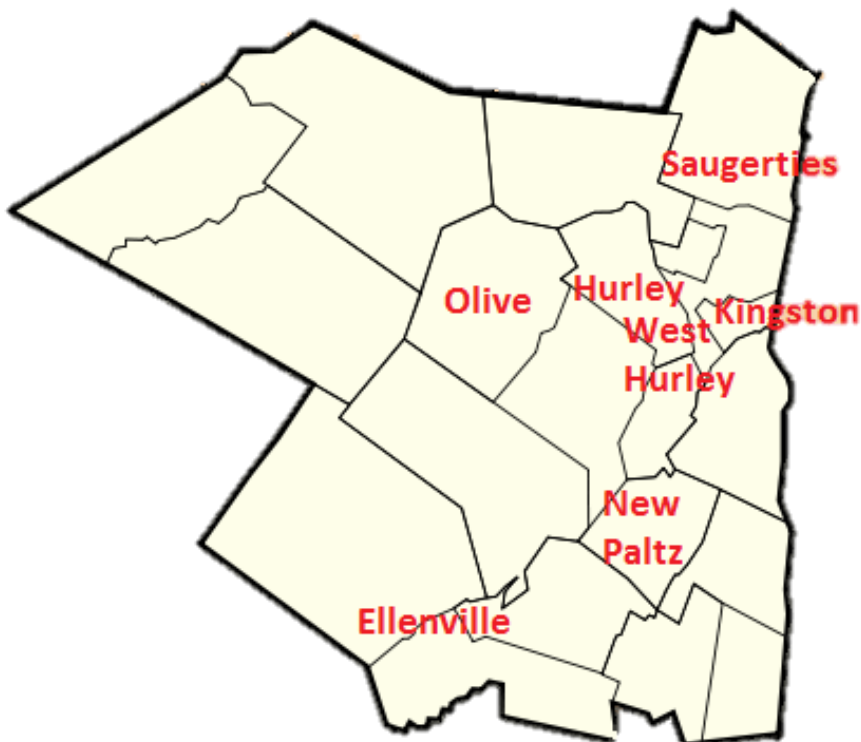


Volunteers will be trained to assist low to moderate income seniors, individuals, and families, preparing both federal and state tax returns.

Interested volunteers should have familiarity with personal income taxes and be comfortable working with a laptop computer.

Income tax and software training will be provided by AARP volunteer instructors in

AARP TaxAide provides free tax preparation and counseling services at multiple locations throughout Ulster County, including Kingston, Saugerties, Hurley, West Hurley, Olive, New Paltz, and Ellenville.



For more information about volunteering with TaxAide, please contact Rich Dooley, Ulster County District Coordinator, at 845-246-0696 or email at rd6201@yahoo.com.

Ulster County Office for the Aging

VOLUNTEER PROGRAM

- **Transportation for seniors to medical appointments**
- **Calling homebound seniors**
- **Help Seniors access Social Security**
- **Health Insurance counseling**
- **Special Event Support**
- **And MUCH more!**

Please call Patrick McDonough to talk about the wonderful volunteer opportunities available

845-802-7655

WE WANT YOU!!

As many or as few hours as you can give.



Michael P. Hein, Ulster County Executive

Ulster County Office For the Aging **Volunteer Program Helps Change Lives**

Here is a message we received from Linda, who is an Ulster County resident and has been using the Neighbor to Neighbor program for almost four years. The Neighbor to Neighbor program helps match drivers to seniors in need of a ride to the doctor.

“I can’t tell you enough how grateful I am for everything you do. Everybody at Neighbor to Neighbor does such a great job...Marvin, Phil, Cathie...all of the volunteers in the office and the drivers. I’ve been calling for more appointments than normal lately, and they are always there for me. I have to tell you that time riding with all that good energy has helped. I got really great news today, I’m clear of cancer. You don’t need to know that I guess, but I feel so happy today. I feel like Neighbor to Neighbor, and the drivers who are all volunteers, and their attitude about taking people where they need to go, has been part of my healing process. I’m sure it’s part of the healing process for a lot of others too. When something really good happens, I think that deserves a huge thank you. And so I’m calling to thank you for your assistance with this process that I’ve gone through. The help you’ve given me has been superior. All of your drivers are not only wonderful drivers, they’re always on time, they’re good conversationalists, and I can’t say enough good things about them. I just wanted to tell you that I am grateful for all you have given me.”

We want to invite you to be a part of the Office for Aging Volunteer team! We are always looking for more drivers and we offer mileage reimbursement.

To learn how you can become a volunteer, call 845-802-7655 or visit <http://ulstercountyny.gov/aging/volunteer-program>.


**Ulster County Probation
Crime Victims' Assistance Program**



Michael P. Hein
Ulster County Executive

Cell Phone Drive

We are in need of emergency cell phones for victims whose phones are damaged or stolen. If you have an old phone that you would like to donate, please contact our office to arrange a drop-off. If it's a small phone and you'd like to mail it, our mailing address is below. We would also be happy to arrange a pick-up. Please be sure to clear all data from your phone, and include the charger. Thank you for your contribution!

 Please call to arrange a drop-off at:

845-340-3443

Mailing Address:

5 Pearl Street

Kingston, NY 12401

Email:

cvap@co.ulster.ny.us



Safety Tips for the Colder Months Ahead

From Care.com

- **Avoid Slipping on Ice**

Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

- **Dress for Warmth**

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So don't let indoor temperatures go too low and dress in layers. If you're going outside, wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

- **Fight Wintertime Depression**

It can be difficult and dangerous to get around and many seniors have less contact with others during cold months, which can lead to feelings of loneliness and isolation.

To help avoid these issues, family members should check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

- **Check the Car**

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your roadside assistance membership is up-to-date in case of emergencies.

- **Prepare for Power Outages**

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature. Check out this [winter weather checklist](#) from the CDC to make sure you have everything you may need.

- **Eat a Varied Diet**

Since people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency -- problems can arise. Nicole Morrissey, a registered dietitian in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

- **Prevent Carbon Monoxide Poisoning**

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

*******The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.**

IN CASE OF AN EMERGENCY THIS WINTER!!!

Any emergency is easier to handle when you have prepared ahead of time. Have your emergency kit to keep at home and a go bag in the event you must evacuate. When severe weather is predicted, make sure your car has a full tank of gas. Some storms may also knock out electricity, causing gas stations to close.

Have a go bag ready if you have to shelter in place or evacuate your home. Your go bag can be part of your emergency kit, just make sure it is in a bag or easy to carry container and that it is easy to get to.

Emergency Supplies: Create an emergency supply kit for your pet, your car, and your workplace or school.

Disasters can strike when you are away from home. If your office or school does not have an emergency kit, offer to help make one. The kit should include:

- First aid supplies
- Flashlights or light sticks
- Building emergency procedures
- Building maps showing evacuation and shelter areas
- Pens or pencils
- Signs with the words “Need Help” and “All Clear”
- Clipboard with class/staff names

Make or buy an emergency kit for your car. If you travel with your pet regularly, make sure that you have an emergency kit for them as well. Some items to think about for your car kit are: a small first aid kit, flashlight or light sticks, flares or reflective cones, a blanket, cell phone charger, jumper cables, bottled water, non-perishable snacks, and a “help” flag or brightly colored cloth that can be tied to the antenna.

Other *Emergency Supplies* Tasks

- Gather your emergency supplies in an accessible place.
- Stash some cash in case ATMs and credit card machines are not usable in a disaster.

Other *Get Involved* Tasks:

12 Things for Individuals (hover over each list item and click it for more information)

- [Make a Plan](#)
- [Water](#)
- [Sheltering](#)
- [Food](#)
- [Work, School and Community](#)
- [Unique Family Needs](#)
- [Family Communication Plan](#)
- [Get Involved](#)
- [Be Informed](#)
- [Power](#)
- [Emergency Supplies](#)
- [First Aid](#)



ARE YOU A WWII VET?

The Honor Flight is a one-day FREE trip for WWII Veterans to see their Memorial in Washington, D. C. It is an amazing day that WWII Veterans won't want to miss and so rightly deserve. The trip involves a unique itinerary designed to give the Veterans the complete Honor Flight experience and shows how grateful we are for the sacrifices and service given to our country.

There are two flights a year. First priority is given to World War II Veterans but seats are also open for terminally-ill Veterans from other wars.

The Honor Flight welcomes guardians to accompany and assist the Veterans for a fee.

For more information regarding the program or to receive an application you can go to www.hvhonorflight.com or you can call Christine Noble at the Ulster County Office for the Aging at (845) 340-3571. If you need assistance with the application, she will be happy to assist you.

Ulster County Office for the Aging and Always There Adult Day Program

are collaborating to provide low or no-cost Senior Day Care and respite for caregivers. Call to see if your loved one is eligible for this offer-- 845-340-3456.



Day-Time Care for the Seniors in your Life

- Variety of Activities
- Supervised Recreation
- Therapeutic Programs
- Home Cooked Meals

In a safe and caring atmosphere

*Transportation and bathing available
for a nominal cost*

Please call the Ulster County Office for the Aging for more information

845-340-3456



Michael P. Hein, Ulster County Executive

**Ulster County
Office for the Aging**

1003 Development Ct
Kingston, NY 12401
Phone: 845-340-3456
Fax: 845-340-3583



*Greetings from the Director of the
Ulster County Office for the Aging*

Kelly McMullen



It seems like every January I can't believe how quickly the previous year went by... Here we are again—and it was a fantastic year for the Ulster County Office for the Aging. We held more events, did more outreach and helped more people with their legal and Medicare concerns than ever before! I am so proud of my staff and the volunteers who make it all happen. A few things I want you to be aware of for 2016:

*PLEASE nominate an outstanding senior from Ulster County for **Senior of the Year**. The form is attached (or call us and we can send you one 845-340-3456). We love hearing about the amazing lives of older citizens from our county and their service and engagement. The statewide submission date has been bumped up, so we need the application back in the office by February 1st.*

*We are starting a new **Mall Walking Program** at the Hudson Valley Mall on Tuesdays. Meet us at the food court at 9:45 a.m. for a walk and talk starting January 5th. We want to encourage seniors to stay active and we want to hear from you as well.*

*We are hosting a Legal Lunch and Learn on January 27th at noon at the BRC, Room 114. **IS YOUR LEGAL HOUSE IN ORDER?** presented by attorney Kathy Dittus. Topics that will be covered include: wills, health care proxies, durable powers of attorney, trusts, and basic asset protection procedures and techniques. It is FREE to Ulster Seniors 60 years of age and over. Lunch is included! Call OFA to RSVP 845-340-3456—space is limited.*

Remember, you have a friend at the Ulster County Office for the Aging—we want to hear from you! Happy NewYear!

Kelly